

1. A tablet comprising an effervescent composition comprising:
at least 200 mg cranberry extract;
an effervescent agent comprising an acid and a base;
binder; and
5 lubricant,
said tablet disintegrating in water having a temperature of about 22°C in
less than 2.5 minutes.
2. The tablet of claim 1, wherein said cranberry extract comprises cranberry
10 oil.
3. The tablet of claim 1, wherein said cranberry extract is a water soluble
cranberry extract powder.
- 15 4. The tablet of claim 1, wherein said cranberry extract comprises
proanthocyanidins.
5. The tablet of claim 1, wherein said tablet comprises at least 500 mg
cranberry extract.
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6. The tablet of claim 1, wherein said tablet comprises from about 750 mg to
about 1500 mg cranberry extract.
7. The tablet of claim 1, wherein said tablet comprises about 1000 mg
25 cranberry extract.
8. The tablet of claim 1, wherein said tablet comprises at least 2 % by weight
cranberry extract.
- 30 9. The tablet of claim 1, wherein said tablet comprises from 10 % by weight
to 35 % by weight cranberry extract.

10. The tablet of claim 1, wherein said tablet dissolves in less than 2 minutes.

11. The tablet of claim 1, wherein said effervescent agent comprises sodium
5 bicarbonate and citric acid, said tablet further comprising polyethylene glycol, sorbitol and sodium benzoate.

12. The tablet of claim 1, comprising from 20 % by weight to 25 % by weight
10 sorbitol.

13. The tablet of claim 1, wherein said tablet dissolve in excess water to form a composition that is free of surface scum.

14. The tablet of claim 1, further comprising magnesium hydroxide.
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15. The tablet of claim 1, further comprising cranberry flavoring agent different from said cranberry extract.

16. A tablet comprising an effervescent composition comprising:
20 from 50 mg to 200 mg cranberry seed oil; and
an effervescent agent comprising an acid and a base,
said tablet having a hardness of at least 5 kilopounds and disintegrating in water less than 2.5 minutes.

25 17. A tablet comprising an effervescent composition comprising:
cranberry extract in an amount sufficient to measurably decrease the amount of bacteria present in the urine of an individual having a urinary tract infection;
an effervescent agent;
30 binder; and
lubricant.

18. The tablet of claim 17, wherein said amount of cranberry extract is sufficient to measurably decrease the amount of Escherichia coli present in the urine of an individual having a urinary tract infection

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19. The tablet of claim 17, wherein said tablet further comprises magnesium hydroxide.

20. A method of treating an individual with a urinary tract infection, said
10 method comprising:
disintegrating the effervescent tablet of claim 1 in at least 200 mL of water;
and
orally administering the resulting composition to the individual.

21. A method of mass producing multiple effervescent tablets, said method
15 comprising:
filling a plurality of dies of a tablet press with an effervescent composition
comprising
at least 200 mg cranberry extract,
20 an effervescent agent comprising an acid and a base,
binder, and
lubricant; and
compressing said effervescent composition between two faces of a punch to
form a tablet in each die having a hardness of at least 5 Kp; and
25 ejecting said tablets from said dies.

22. The method of claim 21, further comprising sealing individual ones of said tablets in a packaging material to form an airtight sealed package.

23. The method of claim 21 further comprising drying said cranberry extract
30 prior to combining said cranberry extract with said effervescent agent.

24. The method of claim 21, wherein said packaging material comprises a metal foil pouch.

5 25. The method of claim 21, wherein said packaging material is a blister pack.

26. The method of claim 21, wherein said tablets dissolve to a clear solution in less than 2 minutes.

10 27. The method of claim 21, wherein said tablets are free of picking, capping, and die wall etching.

28. The method of claim 21, wherein said cranberry extract comprises cranberry oil.

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29. The method of claim 21, wherein said cranberry extract is a water soluble cranberry extract powder.

20 30. The method of claim 21, wherein said cranberry extract comprises cranberry oil, said method further comprising:

combining said cranberry oil and said base to form a mixture; and
combining said mixture with said binder and said lubricant.